

FOREVERWELL



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JANUARY EVENTS & ACTIVITIES 2017

ACTIVITY	DAY	TIME	PAGE
Indoor Walk	Mon-Fri	5-9:00am	Page 2
Pickleball	Mondays (no 1/2, 1/16)	9:15-11:15am	Page 2
Games Galore & More	Mon & Fri (no 1/2, 1/16)	10:00am-2:00pm	Page 2
Dime Bingo	Tuesdays	9:30am	Page 2
Cards	Tuesdays (no 1/24)	11:30am	Page 2
Tours w/Jodi	Tuesdays	1:00pm	Page 2
Mah Jong	Tuesdays	1:00pm	Page 2
Bible	Thursdays	9:15am	Page 2
Tours w/Jodi	Fridays	10:00am	Page 2
Jackpot Junction	Mon:2-Tue:3	See Tourco Flyer	Page 2
"SOS" Support Group	Mon: 2 & 16	12:30pm	Page 2
Cards, Cards, Cards	Wed: 4	9am-2:00pm	Page 3
Art 2B Smart	Thur: 5	11:00am	Page 3
New Members	Thur: 5	12:30pm	Page 3
Singles Mingle	Thur: 5	TBD	Page 3
Couples Night Out	Thur: 5	5:30pm	Page 3
Sew Homeless Bags	Fri: 6	8am-2pm	Page 3
Sandhill	Tue: 10	10:30am	Page 4
Volunteer Mtg	Tue: 10	11:30am	Page 4
Cribbage	Wed: 11	10:00am	Page 4
Potluck Lunch	Wed: 11	12:30pm	Page 4
Volunteer w/kids	Wed: 11	3:00-4:00pm	Page 4
Adult Coloring	Thur: 12	11:00am	Page 4
Genealogy	Thur: 12	12:30pm	Page 4
Volunteer Mtg	Fri: 13	11:30am	Page 4
Volunteer Sewing	Mon: 16	12:30pm	Page 5
50th Anniversary	Wed: 18	11:00am	Page 5
Fidget Quilts	Thur: 19	11am-2pm	Page 5
Singles Mingle	Thur: 19	TBD	Page 5
Couples Night Out	Thur: 19	TBD	Page 5
Sew Homeless Bags	Fri: 20	8am-2pm	Page 5
JAM Session	Tue: 24	11:30am	Page 5
Book Club	Wed: 25	10:00am	Page 5
Y Visits	Wed: 25	11am-5pm	Page 5
Social Club	Wed: 25	6:00pm	Page 5
Alzheimer's Talk	Thur: 26	11:00am	Page 5
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Volunteer Mtg	Fri: 27	12:00pm	Page 5
2017 Birthdays	Mon: 30	9:00am	Page 5
FMSC	Tue: 31	2:15-4:30pm	Page 5
FREE FRIEND	Fri: 27 (Photo ID REQUIRED)	ALL DAY	

January's Complete Calendar is listed on

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YMCA OF THE GREATER TWIN CITIES

ANDOVER YMCA

15200 Hanson Blvd, Andover MN 55304

Please remember that for trips and activities that cost MONEY, you must secure your spot by:
1ST-Pay at Member Services
AND
2ND-Sign up on the Adult Board unless specified

All trips are subject to cancellation, please check with Jodi prior to trip. No refunds unless for medical reasons.

Jodi Blowers (763)230-6552

ForeverWell



New name, same great benefits!

QUESTIONS, COMMENTS, IDEAS?

Jodi Blowers "ForeverWell Coordinator"

Continues next page

Continued from front page **PLEASE READ EVENT/ACTIVITY DESCRIPTIONS ON THE FOLLOWING PAGES.
CHECK THE ADULT BOARD FOR ANY DATE/TIME CHANGES OR CANCELLATIONS.
ALL EVENTS & ACTIVITIES ARE SUBJECT TO CHANGE.**

INDOOR WALK MOST MONDAYS-FRIDAYS 5-9AM FIELD HOUSE

INTRO TO PICKLEBALL EVERY MONDAY 9:15-11:15AM FIELD HOUSE (NO 1/2, 1/16)

Three courts are available for those who have never tried pickle ball and would like an introduction. The YMCA will provide an instructor who will teach the basics of playing pickle ball, including the rules, serving, scoring etc. Balls and wooden paddles are provided. Graphite paddles are available to rent at the ACC Info Desk. **Admission: Free Graphite Paddle Rental \$2.00**

This activity is most Mondays but not all Mondays, please refer to the Andover Community Center's Open Gym Schedule at www.andovermn.gov/acc under Activity Calendars, or call 763-755-3238 for additional information.
LEAD VOLUNTEER: CLAUDE, LOGAN, TIM

GAMES GALORE & MORE MONDAYS & FRIDAYS 10AM-2PM COMMUNITY ROOM (NO 1/2, 1/16)

Join this fun filled group who LOVES to play all sorts of games-Cribbage, Dominos, 500, Bridge, Hand n Foot, etc. Games being played that day will be written on the white board-come on in and join the fun.
LEAD VOLUNTEERS: SUZANNE A., JULIE E., CAROL H., MARILYN J., PAT N., KAREN V.

DIME BINGO! TUESDAYS 9:30AM-11:00AM COMMUNITY ROOM A/B

Join us every Tuesday for Dime Bingo. The 4th Tuesday of the month is WHITE ELEPHANT BINGO-bring a "Wrapped White Elephant Item" to add to the prize table. Bring your friends and your dimes!
LEAD VOLUNTEERS: JULIE E., CAROL H., JOHN J., MARY M., PAM S., KAREN V.

CARDS TUESDAYS, 11:30AM COMMUNITY ROOM B (NO 1/24)

Join us and play all types of fun card games! Beginners welcome-we will teach you how to play. Bring your friends on Tuesday for some card fun! LEAD VOLUNTEER: SUZANNE A., CAROL H., PAT N., KAREN V.

TOURS WITH JODI TUESDAYS 1:00PM CHECK-IN FRONT DESK

For new and returning members who want to learn about the ForeverWell program. Please register in advance at the Member Service Desk.

MAH JONG TUESDAYS 1:00PM ARBOR OAKS (ADDRESS ON PG 6)

Join the fun on Tuesday. This is a game of Chinese origin usually played by four persons with 144 domino-like pieces or tiles marked in suits, counters, and dice, the object being to build a winning combination of pieces. LEAD VOLUNTEER:

WALK THROUGH THE BIBLE THUR. 9:15AM CHAPEL AT ARBOR OAKS (ADDRESS ON PG 6)

Join us each week as we discuss verses in the Old and New Testaments. Treats and coffee in the Dining Room after the discussion. LEAD VOLUNTEER: MARY C., JULIE E.

TOURS WITH JODI FRIDAYS 10AM CHECK-IN FRONT DESK

For new and returning members who want to learn about the ForeverWell program. Please register in advance at the Member Service Desk.

JACKPOT JUNCTION TRIP MONDAY, JANUARY 2-3, 2017

Happy New Year at Jackpot Junction \$69 per person double. Flyers are at the Member Service Desk.

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CARDS, CARDS, CARDS WEDNESDAY, JANUARY 4 9AM-2PM COMMUNITY ROOM

What could be more fun than a day of cards? All types of card games-come and play what you want!
LEAD VOLUNTEER: SUZANNE A., JULIE E., CAROL H.

ART 2B SMART THURSDAY, JANUARY 5 11:00AM COMMUNITY ROOM

Do you enjoy exploring new and interesting ways to enrich your life through the arts....zentangle, coloring, painting, jewelry, poetry, string art, mosaics, beads, etc.? Then join us for Art 2B Smart! LEAD VOLUNTEER: SUZANNE A., TERI G.

NEW MEMBERS RECEPTION THURSDAY, JANUARY 5 12:30PM COMMUNITY ROOM

Welcome to the Andover YMCA, we are pleased you have chosen our location to work out, to attend educational seminars, participate in social events and spend time with friends. Join us as we get to know some new faces, learn more about the classes and enjoy some refreshments. Refreshments are provided. RSVP to Jodi Blowers (763 230-6552) and let us know you are coming.

SINGLES WHO MINGLE THURSDAY, JANUARY 5 TBD

Are you single and want to meet new people? Then come to Singles Who Mingle. Watch the Adult Board for details. LEAD VOLUNTEER: SUZANNE A., MARY C., CAROL H., PAT N., KAREN V.

COUPLES NIGHT OUT THURSDAY, JANUARY 5 5:30PM BEEF O'BRADYS 15190 BLUEBIRD ST NW ANDOVER

Couples this is for you! Join other couples as we go out on the town. This is a great chance to meet new people and enjoy the company of your favorite loved one! Come to Beef O'Bradys (cost of dinner, tax & tip on your own). LEAD VOLUNTEER: Nancy & Mike C., Mary & Jerry M.

SEW BAGS FOR THE HOMELESS FRIDAY, JAN. 6 8AM-2PM COMMUNITY ROOM A

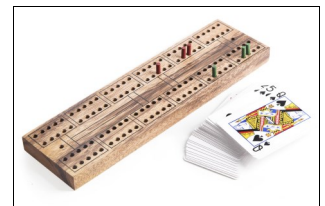
We need your help! Come and help us sew bags for the homeless. EVERYTHING is provided, we just need YOU to help us sew! A light lunch will be provided. LEAD VOLUNTEERS: SHARON, RUTH

ROCKIN' WOODY TUESDAY, JANUARY 10 10:30AM SANDHILL CENTER FOR THE ARTS- 23820 DEWEY ST NW BETHEL

Join the Lunch Bunch in the Sandhill Center for a monthly catered luncheon featuring Rockin' Woody. Seating begins at 10:30am show begins at 11:00am. Please call 763-213-1640 to order your own tickets.

VOLUNTEER MEETING FOR 50TH WEDDING ANNIVERSARY PARTY TUESDAY, JANUARY 10 AND/OR FRIDAY, JANUARY 13 11:30AM COMMUNITY ROOM

Jodi is looking for volunteers to help with the upcoming "50th Wedding Anniversary Celebration" which is planned for Wednesday, January 18. If you are interested in helping please join us at the planning meeting.



CRIBBAGE WEDNESDAY, JANUARY 11 10:00AM COMMUNITY ROOM

Join the fun on the 2nd Wednesday of the month. Loads of fun for everyone!
LEAD VOLUNTEER: SUZANNE A., JULIE E., CAROL H.

AROUND THE WORLD POTLUCK WEDNESDAY, JANUARY 11 12:30PM COMMUNITY ROOM

Italian, Mexican, Russian, Chinese.....what is your nationality? Bring a food item that represents who you are and where you are from. Sign up on the Adult Board. Bring a food item for the Food Shelf.
LEAD VOLUNTEER: SUZANNE A., TERI G., CAROL H., JOHN J., PAT N., PAM S.

VOLUNTEER WITH KIDS! WEDNESDAY, JAN. 11 3:00-4:00PM COMMUNITY ROOM

We all love to spend time with kids, we can learn from them and they can learn from us. Today we will demonstrate how to make homemade waffles (and of course eat them). Bring: a waffle maker if you have one, a hungry stomach and a smile! LEAD VOLUNTEER:

ADULT COLORING THURSDAY, JANUARY 12 11:00AM COMMUNITY ROOM A

Relaxing-coloring-friends-creativity! Bring in your own supplies or use what we have.

LEAD VOLUNTEER: SUZANNE A., TERI G.

GENEALOGY CLASS THURSDAY, JANUARY 12 12:30PM COMMUNITY ROOM

This class will be taught by Cathi Weber, owner of NorthStar Genealogy and president of the Anoka County Genealogical Society. Sign up for one class or all of them. Cost is \$7 members/\$10 nonmembers (per class) **Please pay at Member Services to secure your spot and then sign up on the Adult Board.

1/12 "Census"

2/9 "Preparing for MN Historical Society Trip"

3/9 "All day trip to MN Historical Society" -cost TBD

VOLUNTEER SEWING MONDAY, JANUARY 16 12:30PM ARBOR OAKS (ADDRESS ON PG 6)

If you love to volunteer AND sew then this is for YOU! We are making walker bags and clothing protectors. Bring your sewing machine & scissors or just your smile and we will put you to work! LEAD VOLUNTEER: TERI G., MARY M.

50TH WEDDING ANNIVERSARY CELEBRATION WEDNESDAY, JANUARY 18 11:00AM COMMUNITY ROOM A/B

Congratulations! We are excited to honor and celebrate along with you the incredible blessing of 50+ years of marriage! Join us in the Community Room for this special occasion. A light lunch will be served. RSVP to Jodi is required: Jodi.Blowers@ymcamn.org or 763-230-6552

FIDGET QUILTS THURSDAY, JANUARY 19 11:00-2:00PM COMMUNITY ROOM

Join us as we create "Fidget Quilts" for people with Alzheimer's and Autism. All materials and instructions are provided. No sewing skills required-everyone is welcome! Optional to bring: sewing machine, extension cord, needle, thread, scissors. LEAD VOLUNTEER:

SINGLES WHO MINGLE THURSDAY, JANUARY 19 TBD

Are you single and want to meet new people? Then come to Singles Who Mingle. Watch the Adult Board for details. LEAD VOLUNTEER: SUZANNE A., MARY C., CAROL H., PAT N., KAREN V.

COUPLES NIGHT OUT THURSDAY, JANUARY 19 TBD

Couples this is for you! Join other couples as we go out on the town. This is a great chance to meet new people and enjoy the company of your favorite loved one! Watch the Adult Board for details.

LEAD VOLUNTEER: Nancy & Mike C., Mary & Jerry M.

SEW BAGS FOR THE HOMELESS FRIDAY, JAN. 20 8AM-2PM COMMUNITY ROOM A

We need your help! Come and help us sew bags for the homeless. EVERYTHING is provided, we just need YOU to help us sew! A light lunch will be provided. LEAD VOLUNTEERS: SHARON, RUTH

JAM SESSION TUESDAY, JANUARY 24 11:30AM COMMUNITY ROOM A/B

Do you love to sing, play an instrument or perform? Whether you're a seasoned musician or just beginning, this is for YOU! Bring your voice, instrument and talent (or not) and share it with others. Any style, ACOUSTIC PLEASE. Listeners are welcome too!

VISIT FOREST LAKE YMCA WEDNESDAY, JANUARY 25 11:00AM-5:00PM

Join us as we visit the brand new Forest Lake YMCA! We will have a tour of the facility, enjoy a lunch prepared by the YMCA Chef. You can try out the Vortex pool, participate in a water class or you head upstairs to the fitness floor and check out the equipment or take in an exercise class in one of the studios. **Cost:** \$20 members/\$25 non-members (includes transportation-SCHOOL BUS, tour, classes, lunch and lots of fun)

SOCIAL CLUB WEDNESDAY, JANUARY 25 6:00PM RIVERDALE BAKERS SQUARE

This is for EVERYONE! We have a brand new "Social Club" starting up. If you enjoy getting together with friends, going out on the town and having fun then this is for YOU. Meet us at the Riverdale Bakers Square for dinner. We will try to sit together, it is free PIE night so there is no guarantees on seating. Cost of dinner is on your own. Sign up on Adult Board so we know how many are coming! LEAD VOLUNTEERS: DONNA D., JUDY M., LINDA S.

ALZHEIMER'S PRESENTATION THURSDAY, JANUARY 26 11:00AM COMMUNITY RM A/B

Learn about the stages of Alzheimer's and the differences between dementia, organic brain syndrome and Alzheimer's. Talk about treatment and the expectations you may face with a memory issue. Presented by: Sharon Buettner retired RN with a BA. Nationally certified in: APEC, Gerontology, Director of Nursing in Long Term Care

HOBBY HOUR THURSDAY, JANUARY 26 12:30PM COMMUNITY ROOM A/B

Betty is going to teach us how to create a beaded "Tree of Life". Bring: needle nose and flat nose pliers. Everything else will be provided.

VOLUNTEER MEETING FOR BIRTHDAY PARTY FRI., JAN.27 12PM COMMUNITY RM

Jodi is looking for volunteers to help with the upcoming "2017 Birthday Party for EVERYONE" which is planned for Monday, January 30. If you are interested in helping please join us at the planning meeting.

2017 BIRTHDAYS MONDAY, JANUARY 30 9:00AM LOBBY

We want to wish EVERYONE a Happy Birthday in 2017. Stop by the lobby and let us wish you a Happy Birthday with a song and a birthday treat!

FEED MY STARVING CHILDREN TUESDAY, JANUARY 31 2:15-4:30PM

Do Join us at Feed My Starving Children as we package food and work towards eliminating starvation in children throughout the world. Please wear close toed shoes and remove jewelry for food packing at FMSC. Everyone will meet at Feed My Starving Children-401 93rd Ave NW Coon Rapids.

Plan Ahead-Save the Date-Plan Ahead-Save the Date

Sandhill Center for the Arts Lunch Bunch Shows: (transportation is not provided)

February 7 Remembering the King \$13 includes show, dessert, sales tax 1:45-3:15pm

Tuesday, April 11 Steven Marking presents Our Mighty Mississippi \$20 includes show, lunch, sales tax 10:30-12:45pm

Upcoming Trips with Tourco Travel (763-780-2985)

Flyers for trips are available at the Member Service Desk. Registration and payment goes directly to Tourco Travel NOT the YMCA. If your car is left in the parking lot overnight while you are on a trip, please park in the back parking lot (west lot). Give your car make, model and license plate number to Jodi and/or Biz (at the Community Center desk) so that the Community Center knows that you are approved for extended parking.

March 30-April 7, 2017 Washington D.C. Cherry Blossoms Trip \$1399 per person double

June 12-16, 2017 Ark Encounter \$899 per person double

Where are we at today?



AO=Arbor Oaks-1640 155th Lane NW Andover (3 blocks North of YMCA)

CF=Chick-fil-A 3590 River Rapids Dr NW Coon Rapids 763-323-9978

SC=Andover Senior Center (next door to YMCA)

A=Community Room A

B=Community Room B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 JACKPOT JUNCTION TRIP NO COMMUNITY ROOM</p> <p>12:30pm "SOS" Group</p> <p>*5:00-9:00am Indoor Walking Monday-Friday</p>	<p>3 JACKPOT JUNCTION TRIP 9:30am Dime Bingo*A/B 11:30am Cards*B 1:00pm Tour w/Jodi 1:00pm Mah Jong*AO</p>	<p>4 9am-2pm Cards, Cards, Cards*A/B</p> 	<p>5 9:15am Bible*AO 11:00am Art 2B Smart*A 12:30pm New Member*A</p> <p>Singles Who Mingle 5:30pm Couples Night Out</p>	<p>6 10:00am Tour w/Jodi 8am-2pm Sew Bags for Homeless*A 10-2pm Games & More*B</p>
<p>9 9:15am Pickleball 10-2pm Games Galore*A</p>	<p>10 9:30am Dime Bingo*A/B 10:30am Sandhill Ctr 11:30am Cards*B 11:30am Volunteer Mtg*A 1:00pm Tour w/Jodi 1:00pm Mah Jong*AO</p>	<p>11 10:00am Cribbage*A 12:30pm Potluck Lunch*A/B 1:30pm Travel Mtg*A/B 3-4pm Volunteer w/Kids</p>	<p>12 9:15am Bible*AO 11am Adult Coloring*A 12:30pm Genealogy Class*A</p>	<p>13 10:00am Tour w/Jodi 10-2pm Games & More*B 11:30am Volunteer Mtg*A</p>
<p>16 MLK JR DAY NO COMMUNITY ROOM</p> <p>12:30pm "SOS" Group 12:30pm Sewing*AO</p>	<p>17 9:30am Dime Bingo*A/B 11:30am Cards*B 1:00pm Tour w/Jodi 1:00pm Mah Jong*AO</p>	<p>18 11:00am 50TH WEDDING ANNIVERSARY CELEBRATION</p> 	<p>19 9:15am Bible*AO 11-2pm Fidget Quilts*A/B</p> <p>Singles Who Mingle Couples Night Out</p>	<p>20 10:00am Tour w/Jodi 8am-2pm Sew Bags for Homeless*A 10-2pm Games & More*B</p>
<p>23 9:15am Pickleball 10am-2pm Games Galore*A</p>	<p>24 9:30am Dime Bingo*A/B White Elephant 11:30am JAM Session 1:00pm Tour w/Jodi 1:00pm Mah Jong*AO</p>	<p>25 10:00am Book Club*A 11am-5pm Y Visit Forest Lake 6:00pm Social Club-Bakers Square</p>	<p>26 9:15am Bible*AO 11:00am Alzheimers Presentation *A 12:30pm Hobby Hour*A/B</p>	<p>27 FREE FRIEND FRIDAY</p> <p>10:00am Tour w/Jodi 10-2pm Games & More*B 12:00 Volunteer Mtg*A</p>
<p>30 9:15am Pickleball 10am-2pm Games Galore*A 9am 2017 Birthday *Lobby</p> 	<p>31 9:30am Dime Bingo*A/B 11:30am Cards*B 1:00pm Tour w/Jodi 1:00pm Mah Jong*AO 2:15pm FMSC</p>	<p>Feb 1 10:00am Volunteer Appreciation*A/B 12:30pm New Members*A/B</p>	<p>2 9:15am Bible*AO Mystery Bus Trip Singles Who Mingle Couples Night Out</p>	<p>3 10:00am Tour w/Jodi 10-2pm Games & More*B</p>